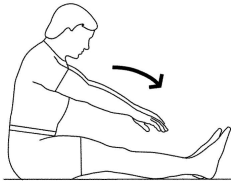


Longsit ham stretch



- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

Special Instructions:

Do not allow knees to bend.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hook piriformis stretch



- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Thoracic rotation stretch



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

Special Instructions:

When raising arm back up, inhale first and exhale as arm is lifted.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hip flexor stretch 2



- Lie on table or firm bench with half of your thighs off table.
- Position both knees on chest.
- Flatten back against table.
- Lower one leg while holding the other leg to chest.
- Return to start position.
- Repeat with other leg.

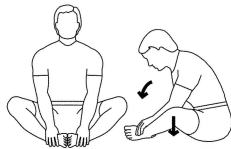
Special Instructions:

Do not allow leg on chest to fall outward.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Butterfly stretch



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

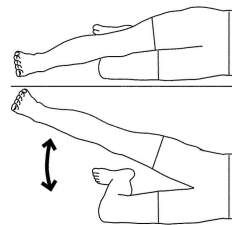
Special Instructions:

Try to keep elbows on inside of knees.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Side leg raise



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

Issued By: Dr. Merritt

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Prone leg raise

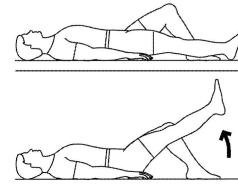


- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Straight leg raise

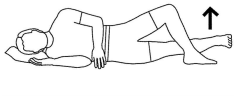


- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Inside leg raise



- Lie on involved side.
- Bend knee of upper leg, placing foot flat on floor in front of lower leg.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.

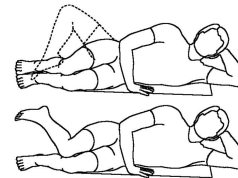
Special Instructions:

Try not to move pelvic area during the leg lift.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Clam

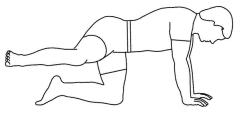


- Lie on left side, keeping back straight and neck supported with left hand as shown.
- Hips should be flexed to about 30 degrees, knees at 90 degrees so legs are slightly in front, keeping toes pointed.
- Tighten abdominals, inhale and lift right leg and knee, and touch toes of right leg to left ankle.
- Exhale, lower knee and rotate right leg so ankle lifts up, then lower.
- Repeat series lying on right side.

Perform 2 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Fire hydrant



- Begin on all fours.
- Raise leg backward and rotate outward.
- Hold for 2-3 seconds.
- Lower leg and repeat with other leg.

Special Instructions:

Maintain a level back, do not allow hips to twist.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Sit to stand



- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.
- Repeat.

Perform 5 sets of 5 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

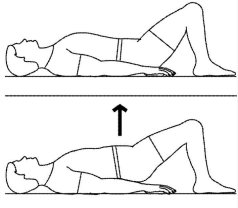
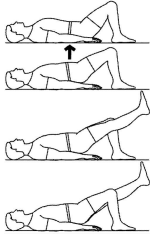
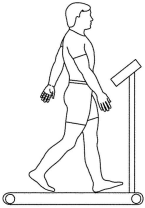
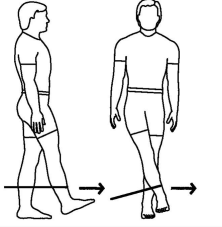
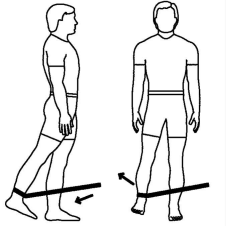
Issued By: Dr. Merritt

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<p>Bridging</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Lift buttocks off floor. • Return to start position. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 3 sets of 10 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Single leg alternating bridge</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Lift buttocks off floor. • Extend one leg and return leg to floor. • Extend other leg and return leg to floor. • Lower buttocks. • Repeat. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 2 sets of 10 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>Treadmill walking</p>  <ul style="list-style-type: none"> • Stand on treadmill with feet off to the sides of belt. • Turn treadmill on to a slow speed. • Cautiously step onto belt and begin walking. • Gradually increase the speed to a comfortable pace. <p>Perform 1 set of 30 Minutes, once every other day.</p>	<p>Standing forward diagonal</p>  <ul style="list-style-type: none"> • Attach elastic to secure object. • Loop elastic around ankle of involved leg. • Keep knee straight. • Move leg forward and across in front of body. • Return to start position and repeat. <p>Special Instructions: Reverse for extension.</p> <p>Perform 1 set of 10 Repetitions, once a day.</p> <p>Use red Elastic. Perform 1 repetition every 4 Seconds.</p>
<p>Standing back diagonal</p>  <ul style="list-style-type: none"> • Attach elastic to secure object. • Loop elastic around ankle. • Keep knee straight. • Move leg back and out from body. • Return to start position and repeat. <p>Special Instructions: Reverse for extension</p> <p>Perform 1 set of 10 Repetitions, once a day.</p> <p>Use red Elastic. Perform 1 repetition every 4 Seconds.</p>	

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